



# Buddhism in Sri Lanka

- The four main religions practiced in Sri Lanka are Buddhism, Hinduism, Christianity and Islam.
- The majority of Sri Lankans are Buddhists and practice Buddhism.
- Children attend religious classes while in school and each school day begins with a prayer.
- Buddhism focuses on love, compassion and gentleness.
- Buddhism is one of the oldest religions in the world and started 2,500 years ago. That's about 500 years before Christianity.
- Buddhists believe that when you die you are reborn again. If you have been good in your life you come back as a fortunate person and if you have not been good you may come back as a less fortunate person or even an animal. Being rewarded or punished for your behaviour like this is called Karma.
- Buddhists believe that all the times we suffer in life can be overcome if we try to reach a state of mind called Nirvana or Enlightenment (the most enlightened, blissful and peaceful feeling that one can have!). It means you never feel any suffering.
- Buddhism was founded by an Indian prince, who became known as the Buddha. His name was Siddhartha Gautama.
- He found the path to Enlightenment. By doing so he was led from the pain of suffering and rebirth towards the path of Enlightenment (peace).
- Buddhism is different from many other religions because it is not about a God. It is about man and the way he can reach peace and happiness in his heart. Buddhists do not believe in a God.